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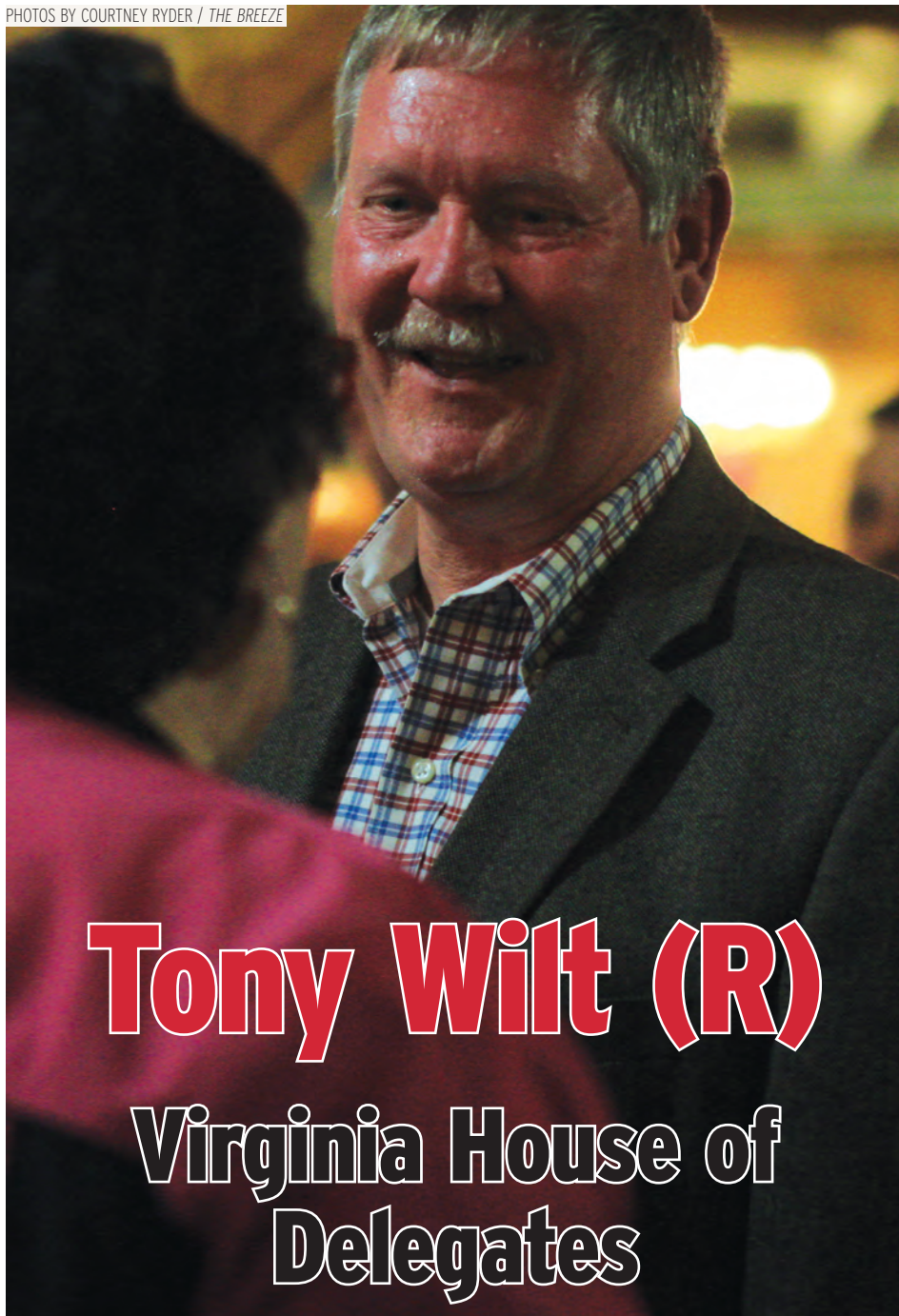
Thursday, November 7, 2019



# Meet your representatives

Newly elected officials Wilt and Obenshain make statements to The Breeze

PHOTOS BY COURTNEY RYDER / THE BREEZE



"I have spent my time in the Senate trying to solve problems to improve Virginia's economy, to bring better higher-paying jobs to Virginia. I've worked across party lines to solve many of these problems. It is a much-overlooked feature of our legislature that probably 90% of what we do is bipartisan by nature — Republicans and Democrats working together to get things done. Five and 10% are partisan disputes, cats and dog issues, reasons we have two different parties, and I have had great success in solving problems, working with colleagues on both sides of the aisle to improve the economy in Virginia to move us to No. 1 in

the list of best states to do business. I've fought human trafficking, I have effectively fought to protect elderly and vulnerable adults from exploitation, and I plan to continue to serve Virginians in that fashion in the future."

*Isabela Gladston conducted an email interview with Tony Wilt and a phone interview with Mark Obenshain.*

**CONTACT** the news desk at [breezenews@gmail.com](mailto:breezenews@gmail.com). For move coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU

## news desk

"If you're a JMU student reading this, why are you here at the university? Hopefully, it's to get a degree that will afford you more opportunities to achieve success in a career — however you define success. I feel the policies I support and have championed during my service afford students and all citizen the best opportunity to achieve this success. Most everything ties back to the success of the economy and the job opportunities that are available to citizens. When more people are working and the economy is doing well, that means more tax revenue that your state government has to support core services and address the challenges we face. Despite a strong economy, I understand we have some that are not realizing the benefits. Maybe they are struggling to retain affordable health care coverage, struggling to make ends meet or struggling with addiction or mental health conditions. I have and will continue to push

for and support solutions to address these challenges. Just this year, I pushed legislation to provide more affordable healthcare for small business owners, their employees and sole proprietors who have no other option. I think continuing to invest in our education system is critical. For those struggling to make ends meet, I think we can place a heavier focus linking up individuals that want to better their circumstances with the unlimited opportunities and jobs in the career and technical field. We also certainly need to continue to do more in the realm of community mental health and addiction services. My vision is that we strive to provide opportunity for everyone, not demonize success and play identity politics as some try to do. While our society still has its challenges, using heavy-handed government to decimate the same individuals and businesses that contribute the necessary resources to address these challenges will not help."





PHOTOS COURTESY OF KARAH NAZOR

# Science at sea

JMU alumna takes love of marine biology  
from the classroom to the workplace

By **KAMRYN KOCH**  
*The Breeze*

JMU alumna Karah Nazor ('99) has always had a passion for science, but she found her career's focus when JMU helped her discover the world of biotechnology. While at JMU, she was able to cultivate a love for marine biology because of the learning resources she was surrounded by, the faculty members who guided her and the students who shared the same interests.

Nazor graduated from JMU with a major in biology and a minor in gerontology. She was inspired by several faculty members at JMU, including math and biology professor Charles Ziegenfus, who taught ornithology at the time. Nazor thoroughly enjoyed his class, which focused on the study of birds. Ziegenfus said he was impressed by her attentiveness and interest.

"She was very responsive to everything," Ziegenfus said. "She was always alert, always eager to learn, always had a pleasant smile."

After graduating from JMU, Nazor earned a Ph.D. in gerontology at the University of Kentucky. She then traveled to San Francisco to conduct research on the molecular biology of prion disease for several years. It was also at this time that she began to train to swim the English Channel.

Nazor has been interested in aquatic sports since she swam competitively at seven years old. She was on the swim team while at JMU and learned to white water kayak through several UREC programs. While in San Francisco, she joined the South End Rowing Club, which includes rowing, swimming, handball and running, and

she found herself surrounded by athletes training to swim the English Channel. Nazor found herself intrigued by the challenge and decided to commit to it.

After training for two years, she completed the approximately 21-mile-long swim from England to France in 2008 in 12 hours and 28 minutes. She said she considers herself thankful for the encouragement that her family was able to give her throughout the training process.

"It's like a meditation when you get to swim for that long," Nazor said. "In a way, it's like I've been building up for something like that my whole life. I was just grateful to have the opportunity and support to be able to do something like that."

After researching for 11 years, Nazor decided to make the switch to teaching to become better connected with her community and engage youth in biological research projects. She currently teaches science research, general biology, marine biology, molecular biology and environmental science at McCallie High School in Chattanooga, Tennessee, her hometown. Nazor especially enjoys spawning ctenophores, a type of jellyfish that doesn't sting, in the labs alongside students.

Nazor and Ziegenfus still keep in touch, and Ziegenfus greatly appreciates her switch to teaching. In 2015, he recommended Nazor as a speaker for the biology department's annual BioSymposium, and she spoke to attendees about her career in teaching.

see **SCIENCE**, page 8



Nazor was on the swim team while at JMU and learned to white water kayak through programs at UREC.



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# Read the way

Skyline Literacy receives grant to prepare residents for citizenship

By ISABELA GLADSTON  
The Breeze

Skyline Literacy was recently awarded a grant of \$250,000 from the U.S. Citizenship and Immigration Services to aid 250 local, lawful, permanent residents in gaining citizenship. Skyline Literacy shares the grant funds with Church World Services, which will manage the citizenship application services.

Not only is this Skyline Literacy's third time receiving this award, but it also was one of 29 organizations out of 41 that received the maximum amount of \$250,000. Nelly Shenk, the executive director for Skyline Literacy, said the grant fulfills two purposes.

"The first is the citizenship preparation that is going to be done by Skyline Literacy, and the second is the citizenship application services that are going to be managed by our grant partner, Church World Services," Shenk said.

The grant helps pay for materials such as textbooks needed in the citizenship classes for the local, lawful, permanent residents and the creation of a new program outreach position. Seventy percent of the grant goes to payroll. Class sections have also changed due to the grant.

"With this grant, we were able to shift from multi-level classes to different citizenship classes divided by lower and higher levels of English speaking," Shenk said. "Before, we used to have students who were at different English speaking levels in one class."

Shenk said most of Skyline's students are from the Kurdish and Arabic communities, as well as different countries in Central and South America. The classes offered are only taught in English to prepare students for the interview portion of the exam, which is completely in English. Shenk said they need to speak at a high beginner English level to have a basic conversation and to read and write sentences.

Skyline Literacy also provides mock interviews for its students. During these mock interviews, they go over information that's filled out in the N-400 application, which is a form

that must be filled out to request citizenship. After applying, there's an 18-month waiting period before they can become U.S. citizens.

Two of the local, lawful, permanent residents who this grant applies to started classes in October at Skyline Literacy. Irlanda Aguilar and Osvaldo Godoy are both from Mexico.

Aguilar said they're shown how to fill out an application in classes and that "they are teaching us a little bit of everything." Godoy said that before going to Skyline Literacy, he "had no clue how to go through this process."

Although the grant helps pay for materials in classes, Aguilar said the price for filling out the N-400 application is what's delaying her process toward naturalization. To file the N-400 form, it costs \$725.

"The only problem I would say I have had during the process is the money because I need to pay more than \$700 to fill out the application," Aguilar said.

She also said that Skyline Literacy charges \$50 for help with their applications, whereas other places charge around \$200.

They each have classes twice a week with two teachers in each section.

"We've been learning basic stuff. A lot of times, we don't know the answers to civic questions like 'Who wrote the Constitution?' or 'Who was the first president of the United States?'" Godoy said. "Stuff like that is simple for you guys who have gone to school in the United States, but for us, it's totally new."

Shenk said that the students need to understand how important it is to receive U.S. citizenship. With this grant, Skyline Literacy is able to keep its doors open and keep helping its students gain citizenship.

"They need to participate in any decision that affects their future, and one way they can do that is by voting because that is the right that they have as citizens," Shenk said.

**CONTACT** Isabela Gladston at gladstia@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on



Nelly Shenk is the executive director of Skyline Literacy.

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Skyline Literacy provides mock interviews for its students.



# Digital facelift

MyMadison receives user-friendly updates

By JAMES FARIS  
The Breeze

"Pardon our dust."

That's the message JMU's Information Systems team sent through MyMadison to students, faculty and staff ahead of a site-wide user interface update that'll be rolled out in the coming weeks and months. The team is hoping that students will see the changes around the holidays, but there's no official launch date set.

"It's one of the few things other than Canvas that every student has to use," Robin Bryan, deputy chief information officer for JMU Information Systems, said. "And, the technology has kinda lagged behind a little bit in terms of the look and feel. So, it was important to us that we kind of enhance it."

Plans to modernize MyMadison were in the works as early as January, Bryan said. The team's goal was to improve the user interface by making it more efficient and intuitive while providing a common experience throughout the site, regardless of the device it's viewed on.

"It wasn't just about convergence; it was about making it look good," Tariq Rabie, application manager for MyMadison, said. "We really emphasize trying to make sure that that was part of this project."

The new MyMadison site uses blank white space more efficiently, and it resizes as window size and aspect ratios change to provide a consistent look and feel across phones, tablets and desktop devices.

JMU's official typeface, Artega, and colors make up the design language of the new site to ensure consistency across the university's websites and printed materials. Also, the tabs at the top for navigation are gone, replaced by a "hamburger menu" — a widely used icon consisting of three parallel bars that expand to show navigation options.

Changes will be rolled out carefully in multiple phases for applicants, students and employees, in that order. Students applying to JMU saw changes go live over Homecoming weekend, which was Oct. 25-27. JMU Information Systems sought the input of administrators, academic affairs

and student groups like Madison Advising Peers and Student Ambassadors to make the site's features quicker to find and easier to use. The team hopes that students who struggle with MyMadison's interface will enjoy the new look, feel and functionality of the site when changes go live.

"So, I know when I tried to enroll in classes as a freshman, I was very confused," Jack Eggeman, a sophomore economics major, said. "It took me a long time to really figure things out. And, I remember missing my enrollment date ... I think it's kinda cluttered, so I think if they tried to streamline it a bit more and made it a little more user-friendly, I think that could be better."

Rabie said that an across-the-board change of this magnitude to MyMadison hasn't been done since 2015, though there were some minor changes to clean up the site made in late 2018.

Through research, the team found that students don't use MyMadison nearly as much on mobile phones as on desktop, with Bryan referencing a "90-10" split between use of MyMadison on desktop versus

mobile, respectively.

"Students told us loud and clear in those conversations that they don't use mobile for enrollment and other things," Bryan said. "We've had some faculty say to us that, during preregistration, students get up and run out of the classroom when their appointment hits, and we wanted to try to make mobile more aligned with desktop to make it easier for students."

When the changes are rolled out, MyMadison's load time will be "the same or better," and the team is "expecting it to ... be better," Rabie said. There will be a "classic mode" of the old MyMadison site that'll eventually be phased out once the new site is in place, and the team plans to make continuous additions to MyMadison.

The days of MyMadison's old layout are numbered, which is one more thing students may look forward to as the semester draws to a close.

**CONTACT** James Faris at breezecopy@gmail.com. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



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from page 5

The starting focus of the group's research on the boat was to study populations of rockfish. For several years, scientists have been unable to find sustainable populations of juvenile rockfish, which Nator said is concerning because it could potentially lead to species endangerment. However, because they couldn't find many rockfish, the research

**CONTACT** Kamryn Koch at [kochkr@dukes.jmu.edu](mailto:kochkr@dukes.jmu.edu). For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



**After two years of training, Nazor swam the length of the English Channel.**

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A **"you-should-know-better"** dart to my roommate for not taking her dog out often enough.

*From a girl who is tired of finding poop in her room.*

A **"you-guys-rock"** pat to the support staff in the College of Business for dressing up as Disney villains and passing out candy for Halloween.

*From a co-worker who is constantly in awe of your dedication to making this a fun place to work.*

A very special **"great-job!"** pat to the Benefits team in Human Resources for a great first ever retirement fair. Really well-planned and beneficial.

*From a close to retiring employee who appreciates the great information I received.*

An **"I-love-this"** pat to my brother who's been playing video games with me online recently.

*From a girl who misses her big brother.*



## Change is good

If JMU were to rename certain buildings on campus, it would make the school more representative of its values



PHOTOS BY SAMANTHA LINCZYC / THE BREEZE

**ALLIE BOULIER** | allie's argument



When a student looks at the Quad, the buildings can tell a story. They share a similar design to the one curated by Thomas Jefferson in his vision of U. Va's lawns. This is demonstrated by having classrooms reside next to

dorms, creating a microcosm of JMU with Wilson Hall as the crown jewel. Believe it or not, the names of the buildings were purposefully chosen to tell a story, as well. Unfortunately, the narrative the names create has been inappropriate for decades and should be changed. John Wayland, from whom Wayland Hall gets its namesake, was the first history professor at JMU when it was still called the State Normal and Industrial School for Women at Harrisonburg.

Margaret Mulrooney, a historian and associate vice provost for university programs, said Wayland created a list of what he considered to be "distinguished men from this part of Virginia, with a significant number from the Confederacy." The graduating class then voted for names on the list, but Mulrooney said "[the list]

had been pre-prepared to achieve a specific outcome."

Like the positions and physical design of the buildings, Mulrooney described the motivation behind naming the buildings as "creating a narrative behind the history of the Shenandoah Valley and this institution."

This narrative includes naming several buildings on the JMU campus after confederate soldiers. For example, Ashby Hall, Maury Hall — where Mulrooney's office resides — and Jackson Hall all share confederate naming.

Matthew Fontaine Maury, for whom Maury Hall is named, was a scientist and oceanographer who helped found Virginia Tech. In addition to interests in the sciences, Mulrooney said Maury was also interested in creating a republic for former slaveholders in Mexico, which failed. As if naming a building after a man who essentially wanted to create a second Confederacy wasn't enough, Turner Ashby, namesake of Ashby Hall, founded the Mountain Rangers, a pro-slavery military group that eventually became the 7th Calvary of Virginia. This led to him working under Stonewall Jackson as a commander and eventually gaining the title of "The Black Knight of the Confederacy." On top of these two characters, Harrison Hall gets its namesake from Gessner Harrison, who owned up to nine slaves while attending U. Va.

Even JMU's arguably most beloved building,

Wilson Hall, has an unfortunate backstory. Woodrow Wilson — who was born in Staunton, Virginia, and was the 28th President of the United States — was a white supremacist and proud segregationist, according to Mulrooney's website. He believed segregation was a valuable tool in reducing friction between races.

Many students and alumni may be unaware of the significance behind each building's namesake. This ignorance was fostered intentionally. Before the Civil Rights movement, JMU openly promoted the origins of the building names on postcards. When the '60s came along, the promotion stopped, as it became no longer appropriate to "advertise those values," Mulrooney said. Still, the names remained.

Although there's currently no timeline, Mulrooney is convening a committee in reference to the names of the buildings and will be taking input from both faculty and students.

When contemplating the pasts of historical figures, the term "legacy" comes to mind. If JMU truly doesn't agree with the values expressed in these figures' legacies, the names should be changed. It's one of the many necessary steps toward making JMU a welcoming and inclusive university for all.

Allie Boulier is a freshman biology major. Contact her at [boulieas@dukes.jmu.edu](mailto:boulieas@dukes.jmu.edu).

## Editorial Policies

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# Just a number

Age-based discrimination in the workplace is a bigger problem than most people realize

**JOSIE HANEKLAU** | open outlook



Nearly 70% of workers above the age of 45 have reported feeling discriminated against because of their age at some point in the workplace, according to AARP. Considering that the median national working age was just below 45 in 2012, this phenomenon affects many people in their working environments. Not only does ageism affect the mental health of those directly afflicted, but it also taints perceptions of young people and denies the workplace of knowledgeable sources.

Although age discrimination can be experienced by anyone, elderly people are most commonly on the receiving end — and it typically happens in working environments. Ageism is believing that elderly people's mental health is affected negatively by the aging process and therefore deeming younger people to be more secure. The main danger of ageism is the mental and physical impact it has on older generations. According to Senior Planning Services, more than 25 million Americans ages 65 and older are experiencing economic instability and an unemployment

rate some sources estimate to be as high as 12%.

Ageism comes with feelings of not having a "valued life," which leads to a heightened risk of isolation and mental health conditions. With complaints of age discrimination on the rise yearly, it's not far-fetched to also believe that more elders feel these negative thoughts about ageism than ever before. It's important that younger Americans care about this, not only because their elders are the people who raised them and shaped the world for them but also because they too will one day be elders, and so, this unsavory occurrence might be their future as well.

In one experiment by the Association for Psychological Science with a series of economic tests, the older group of participants performed better than the younger — they were more patient and had a better understanding of money and debt. This example helps to prove, while people's brains may slow as they age, their ability to retain information learned from experience is unfaltering. Knowledge comes from experience, and the most experienced people in the workplace are typically older workers. Because older people offer an insight that younger workers may not possess yet, they can even prove to be the perfect mentors for their coworkers. Not hiring older workers can weaken businesses by opting out of the



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The Age Discrimination in Employment Act prohibits companies from discriminating against workers 40 and above because of their age. Yet, with increasing complaints of age discrimination and a high level of unemployment for older workers, it's clear that age discrimination still lives on through systematic loopholes. Companies may purposefully issue inaccurate performance evaluations for older workers or push these workers to quit by not offering accommodations in the workplace. If workers are still experiencing workplace

discrimination after legal acts against it have been passed, it begs the question of what other kinds of Americans are experiencing discrimination in their working environments.

It's important that more businesses and younger people recognize the value that older workers bring to the table and stop subscribing to the belief that their aging has weakened their mental capacity instead of strengthening it. Ageism ultimately hurts the receiver and the aggressor.

Josie Haneklau is a sophomore political science and psychology double major. Contact Josie at [hanekljr@dukes.jmu.edu](mailto:hanekljr@dukes.jmu.edu).

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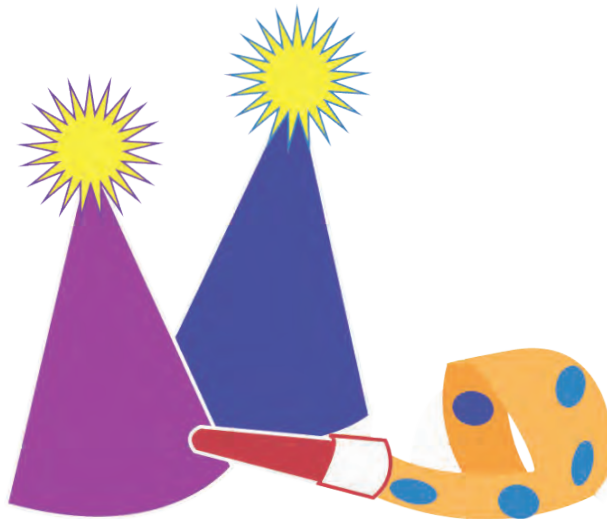
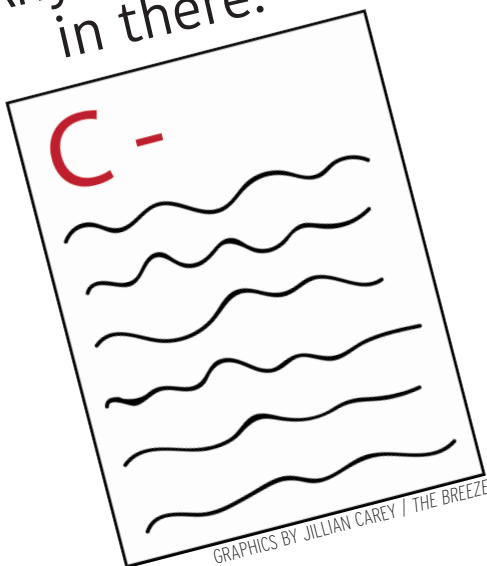
# Decisions, decisions

People need to stop the college shame and let students

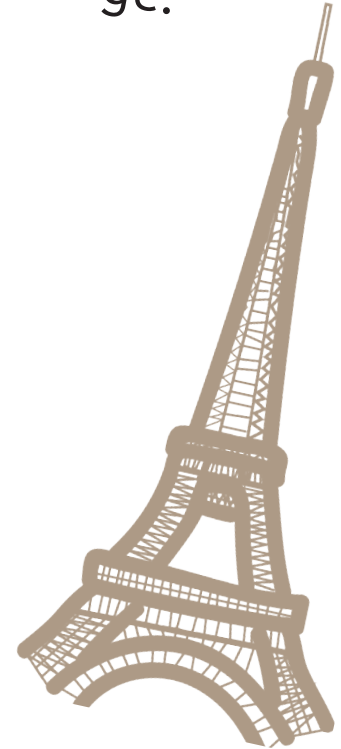
make choices that work for them

*“You’re just avoiding college.”*

*“Anyone can get in there.”*



*“You know that’s a party school, right?”*



**GEORGIA LEIPOLD-VITIELLO** | be thoughtful



Deciding where to attend college, when to go and if one should go at all is a big decision. Usually, this decision is made during a student’s senior year of high school. Traditionally, students go directly from high school to

a four-year institution, but this isn’t always the case. Some students choose to take a year off from school to work or travel before going to college. This is known as a gap year and is proven to actually be a beneficial choice for many students. Some students also choose to attend a community college to save money before moving to a four-year college. Each of these choices can help students, depending on their individual situations. Problems arise when students become critical or judgemental of one another based on these choices.

In the state of Virginia alone, each college comes with its own set of stereotypes and preconceived notions that students may fall into the moment they announce their plans of attendance. This can make students even more stressed about their decision out of fear that they’ll be judged based on a stereotype about a college that they may choose to attend.

For many students applying to college, these phrases can be constantly heard. Students have reported to NewsprintNow about being exceptionally excited about being admitted into a university only to be told by their peers that it isn’t that big of an accomplishment. This can be devastating to students who are already stressed by the admissions process and then are only put down because their top choice was someone else’s safety school.

Another source of college judgment is the decision to attend a community college for

two years before moving to a four-year college. This can actually be helpful for many students, because it can allow them to save money. It’s also helpful to students who may not be sure what they want to study, because they can explore a variety of interests without the pressure of declaring a major the moment they begin college. Some people view community college as being only for the academically unmotivated, but it’s simply not the case.

There’s a stereotype that community colleges aren’t academically challenging or not even fit to be called real colleges. This isn’t the case, and they’re a great launching point for many students. Community college can also be a great option for those who find that a four-year college becomes too expensive after they’ve already started.

Yet another college decision that students may face judgment for is the decision to transfer. This is something not many people talk about but is actually relatively common. No one college can be the perfect fit for every student. Many find that they made the wrong decision after beginning at a college. They frequently feel alone because of this decision and worry that they may regret the decision to transfer. Some students judge their peers who choose to transfer, saying that they’re just failing to adjust as well as everyone else. This isn’t true, because students may find that their needs simply aren’t being met by their current college.

There are many aspects to the college decision process. This includes what university a student attends and if they want to take a year off, attend a community college or even transfer universities. Each of these is a valid option that’s unique to each individual. Problems arise when students are harsh and judgmental toward one another based on these choices. This can be harmful and creates nothing but more stress for students. For this reason, there should be efforts made to stop college judgment and shaming.

Georgia Leipold-Vitiello is a freshman media art and design major. Contact her at [leipolge@dukes.jmu.edu](mailto:leipolge@dukes.jmu.edu).

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# Humans of Madison

Interviews collected on JMU's campus



ALEXA FITZPATRICK / THE BREEZE

## Nick Telesco

"The first time I ever voted was in the primary in 2016, back in New York, and it was just super exciting because I had been watching politics since, like, Obama ran for the first time in 2008. Whenever my mom went to go vote, I always, like, came in, like, the voting booth with her. I always got to, like, pull the lever. And just, like, ever since then, I became interested in politics and voting."

"And then, when I got to JMU, I became involved with the Student Government Association my sophomore year, and I've served on the legislative affairs committee, which is kind of like a subcommittee within SGA. And, since my sophomore year, we've been focused on only representing the interests of students when it comes to, like, policy and politics but making sure that students are engaged with policy and with voting and elections."

"Every fall, we work with the Center for Civic Engagement and Dukes Vote, which are two non-partisan organizations, and we work with them to register students to vote. We do many classroom visits over the course of the beginning half of the semester, especially because Virginia does have an election every single year. And we saw in 2017, when there were some races that had to be decided by, like, flipping a coin, that every vote matters. And so that's why, like, I try to, like, work with SGA in getting people out to vote and knowing that they know there is an election and they know where to go."

Watch the video and submit a nomination on [breezejmu.org](http://breezejmu.org)

JACOB WEINHEIMER / THE BREEZE



## What's Tim up to?

A day in the life of VP for Student Affairs as he handles rumors on campus

By JAMES FARIS  
The Breeze

The start of Tim Miller's day is predictable: His Apple Watch will buzz until he wakes, but he usually sets another alarm for five minutes later, just in case. After that, what's ahead of him is anyone's guess.

JMU's Vice President for Student Affairs says he's easily bored, and, if every day was the same, he couldn't do his job. On this day — Friday, Oct. 4 — he'll subdue false rumors of an HIV outbreak on campus that are "heating up" on social media. There have been zero HIV diagnoses in the JMU Health Center, but that fact alone won't calm the parents on Facebook.

But, first things first.

Miller makes a seven-minute commute, flipping the radio from Tupac to AC/DC to U2 on the way, and slides into a reserved parking space. His excitement for the day ahead is contagious and palpable as he greets coworkers on his way in and begins work four minutes ahead of schedule with a yearbook interview.

"I get to go to college every day, and it's not weird," Miller said, adding that college is often one's four most transformative years — but not the best four. "If you've peaked at 21, that's a pretty sad reality."

After hearing about the opportunity in June 2017, Miller — a "Double Duke" who received his undergraduate degree in 1996 and his Master of Education in 2000 — decided to return to Harrisonburg. It's the place he says "helped me be who I am."

Miller is willing to live two hours away from his wife of 19 years so he can have his dream job without Jamie leaving hers at the Pentagon. He's in a one-story house with an unfinished basement and a garden out back, while she still lives at their house in Falls Church, Virginia. He drives 123 miles "expeditiously" to see her several times per month in the summer, while she usually makes two trips down to Harrisonburg during the school year.

Two more meetings pass as Miller listens graciously while making strong, yet gentle eye contact. The hundreds of parents buzzing online about the HIV rumors are the last thing on his mind as he engages in effortless small talk. He gives gifts to each guest: a new purple and gold Apple Watch band he'd been saving in a drawer — identical to one he's wearing — after

he'd been complimented his, as well as a book on leadership and time management after a man who arrived late to a meeting asked how Miller manages his wire-to-wire schedule.

That's the greatest mystery of all: how Miller manages his schedule while keeping his sanity and energy throughout his 12 meetings that day — all without coffee.

Miller checks his carefully curated and regularly updated social media feeds, which are synchronized for continuity across Instagram, Facebook and Twitter. His message to the JMU Parents Facebook page clarifying the HIV rumors has been well-received, but more action is required.

He's cautious, measured and delicate in handling the sensitive situation, meeting with University Spokesman Bill Wyatt and JMU Health Center officials to discuss the best course of action. After confirming with the Virginia Department of Health that there have been no recent diagnoses of students with HIV, a plan is in place to share a statement.

On his way to Madison Union, he calls JMU President Jonathan Alger to fill him in on the fake HIV hoax and pending statement — JMU's medical director wrote it that morning for authority and credibility. Alger's visiting his daughter, a sophomore at Miami University, this weekend.

"Tell Eleanor I said 'hi,'" Miller said as he signed off.

As Miller's meeting with the new Student Affairs Advisory Board concludes around 1 p.m., the statement is shared on Twitter and the situation soon blows over.

But there's no time to rest for Miller, who's now off to a Sexual Assault Prevention Alliance meeting. He takes notes on purple loose-leaf paper, listens closely and carefully, and leads gently but with clear authority.

An hour later, he shifts his focus to the mental health crisis at JMU. In the words of one JMU staff member on the IMPACT team, which examines how the university addresses mental health, the problem is growing "exponentially" with "no plateau in sight." On Sept. 23, a record number of students visited the Counseling Center. The record was broken the next day.

"I think we could hire 10 more counselors next year and still have a problem," David Onestak, director of the Counseling Center, said.

The group turns to Miller for leadership

and guidance in what seems to be a grim situation. Earlier that week, at a meeting with provosts and vice presidents of student affairs from other schools, Miller discussed the importance of encouraging staff to better help students struggling with mental health issues. Miller said this requires a shift from a "recognize and refer" mindset to a "recognize and relate" one, which is achieved by staff members comforting students and offering themselves as a resource instead of simply delegating the responsibility to the overwhelmed Counseling Center.

Later, Miller meets with a fraternity president who has a gripe with Harrisonburg's new noise ordinance and later meets with students from JMU's Student Government Association to brainstorm ideas for improving elections. He'll then speak at a Make Your Mark on Madison meeting and make an appearance at a Mad4U event before ending his night at his first JMU volleyball game of the year.

A jam-packed agenda doesn't keep Miller from making time for Daniel George, a senior psychology major interested in student affairs, who shadows him throughout the day. George sees Miller as someone who's "dedicated, spirited, [has] integrity [and is] committed" to making JMU the best place it can be.

"I learned some things about myself, but the biggest thing I learned was that, like, no matter how high people are in student affairs, they do care about this campus, one face at a time," George said.

Miller said he gets his strength from knowing what he does makes a difference. He describes a "Venn diagram of purpose" where what one's good at, what one loves, what one can be paid to do and the difference one can make for humanity all intersect. He's at peace knowing he's in the middle of it in his role at JMU.

As hectic as his day might be, his evening is more predictable. In his calm, still house, he may solve a jigsaw puzzle, ride his exercise bike or have a phone conversation with Jamie to unwind. Then, as his head hits the pillow, he'll get much-needed rest for everything Saturday may bring.

**CONTACT** James Faris at [breezecopy@gmail.com](mailto:breezecopy@gmail.com). For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze\_Culture.



# Touch of tradition

Sophomore makes  
Peruvian-inspired lanyards to  
bring a piece of home to JMU

By **PAIGE PETTRY**  
contributing writer

An array of sewing machines, measuring instruments and scissors are typically strewn across sophomore elementary education major Gaby Duncan's dining room table at home. Over the summer, when Duncan's mother, Dora Duncan, and aunt, Mary Cossio, would get home from work, one could usually find the family of three amidst the jumble.

Now, Gaby can be found organizing her handcrafted lanyards — each with its own pattern — in between classes. They're vibrant, with colors like crimson, neon pink and bright green. For Gaby, these lanyards represent her Peruvian culture, which she wishes to share with others through a common student necessity.

"For my family, it's something way more personal," Gaby said. "Because we're Peruvian, and now I've used these lanyards, and so do my close friends."

Gaby searched for a way to showcase her culture while also making herself feel more at home at JMU. She also noticed that Peruvian culture was missing on campus, so she began looking for a way to change it. As a member of a family that constantly stays in touch with its heritage, she said it's important to bring that identity to her school.

When she went to Cossio and Dora for help, they were immediately on board.

While brainstorming, the ladies thought of items they could sew. In Peru, everyone knows how to sew, Dora said, so it seemed like the obvious option.

When Cossio went on a trip to Peru, she became inspired to make a craft with fabrics she'd seen, giving Gaby and Dora ideas for something to bring to JMU.

"You can have all the colors. They are original from Peru," Cossio said. "And they have a design from the Andes."

Next, they needed to decide what to create, but making clothes seemed like too much. Gaby noticed that many students own lanyards and use them to hold things like dorm keys and JACards, so she took the idea for personally crafted lanyards and ran with it. Once Gaby and her family spoke over the phone and picked out which patterns and colors of fabrics they'd like to use, they were ready to put their plan into action.

When Gaby and her family sit down to make the lanyards, they follow a specific process. It begins with choosing the patterns, then cutting, measuring and folding the fabric. Next, they sew the pieces together, finally attaching a keychain. The steps are fairly simple but require a few hours to complete. Once they're done, Gaby takes

photos and posts them on her Facebook page. She sells them for \$10 and accepts orders through private messages.

"It's not like work; it's like something fun," Dora said. "I love it, I enjoy to see the colors, so we have fun."

Gaby's favorite step in the process is seeing the end result. Holding the completed product is the best part since she tends to get impatient, she said. For Dora, the fabric's colors and patterns are what she enjoys most.

Gaby said she thinks students have something to gain from these lanyards. As a Hispanic minority, she feels it's important to share her upbringing with other students to introduce more diversity to the university.

"I hope that they just feel like they have a little piece of, like, the world," Gaby said. "The fabric is directly from Peru. Hopefully, they'll search [Peru] up and want to visit — it's very beautiful."

Rebecca Johnson, a sophomore dance education major who bought a lanyard from

Gaby, said that she also believes the business "brings a little bit of culture."

"It's something handmade," Johnson said. "You're supporting someone's family that actually needs the support over in Peru. It's a community you don't hear much about here at JMU."

Gaby's hope is that, through her business, more students catch a glimpse of a culture different than their own and find a shared love for Peru. She said it's a unique and personal way for her to leave her mark on JMU and a way of finding a place for herself on campus. Seeing people walking around campus wearing her lanyards shows her an appreciation of her heritage, she said.

"It just made me feel like I had something to do and something to bring to JMU," Gaby said. "It feels more at home for me."

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# LOVE IS A FROZEN TOUR

JMU alumnus lands a major role on Broadway after musical theater experience in college

By **CAMRYN FINN**  
*The Breeze*

Austin Colby ('11) sat outside an audition room in New York City, nervous and wondering if this would be his last time. He'd been here before — eight times to be exact — but this time felt different. He was auditioning for the part of Hans in the first "Frozen" national Broadway tour, and the number of contenders kept dwindling with each callback. While he didn't want to get his hopes up too high, he was definitely starting to get optimistic.

"To make it to the eighth audition, I was thinking, 'Oh man, I'm starting to get really excited about the potential of having this job, and it's going to hurt even more if I've gone to eight auditions and don't get it,'" Colby said. "But luckily, I did."

He remembered one of his first musical auditions, for JMU's production of "City of Angels." He'd only ever done choir auditions before, where a full tuxedo was the standard attire, and assumed that musical auditions would run similarly. What he said he didn't know at the time was that he was a tad overdressed.

On the other side of the "City of Angels"

audition panel was Kate Arrechi, a JMU professor of musical theatre and the director of the show. Arrechi, now the acting dean for the School of Theatre and Dance, said she remembers that Colby made a strong first impression.

"When he first walked in, I expected that if he wanted to do this professionally, then he certainly had the talent, and then, as I saw his work ethic, the skills to be successful," Arrechi said. "It's just been really exciting to watch him apply all of that and just be so successful."

Colby's been singing from a young age, and as he got older, he began pursuing theater as a hobby. Once he got to college, he knew he wanted to become a vocal music education major. He performed in JMU choirs and, during his sophomore year, made that first step into the audition room for musicals. He loved it so much, he said, that he continued returning the following semesters — this time without the tuxedo.

David Newman is an instructor and voice teacher in the school of music. Colby was one of his first voice students at the school, and he remembers the work ethic and energy Colby brought to lessons every week.

"I definitely enjoyed him as a student," Newman said. "He was one of those students who you loved to teach because they want to do it well so badly. I think less with the classical stuff, but he was one of those people who really wants to know how it works, wants to make it work as well as it can and knew how to work towards his goals."

After graduating from JMU, Colby worked at regional theaters mostly around Washington, D.C., and Baltimore. He said he continued working on developing his skill because the world he'd entered is tough and full of rejection. The only way to be successful, he said, is to try to find the little victories in every audition and continue to work toward one's strengths.

"As a musical theater actor, the job is

auditioning," Colby said. "The chance to do a show or perform is the reward. You really have to make peace with auditioning, getting used to rejection and learning from every audition."

After about three years of performing on the regional circuit, Colby decided the next step in his career would be to make the big move to New York City. Before finding a permanent home, he spent about a month there, auditioning every day for new projects and agencies.

While each of those auditions may have ended with a "no," Colby was able to secure a contract with Kazarian, Measures, Ruskin and Associates agency. It's helped him find new auditions, one of which was the first Frozen National Tour set to take place later this month.

Colby began the audition process for the "Frozen" tour last year. After nine rounds of auditions over more than six months, he found out he was cast as Hans. While it was an extensive process, he said he's seen the rewards in rehearsals as he's worked with the rest of the cast.

"They took their time to collect this cast, and I think they found the best of the best," Colby said. "The amount of talent in this production is pretty remarkable, and I think this country is in for a treat. I think this show is already good, but I think this cast takes it to a new level, and I'm excited to share that."

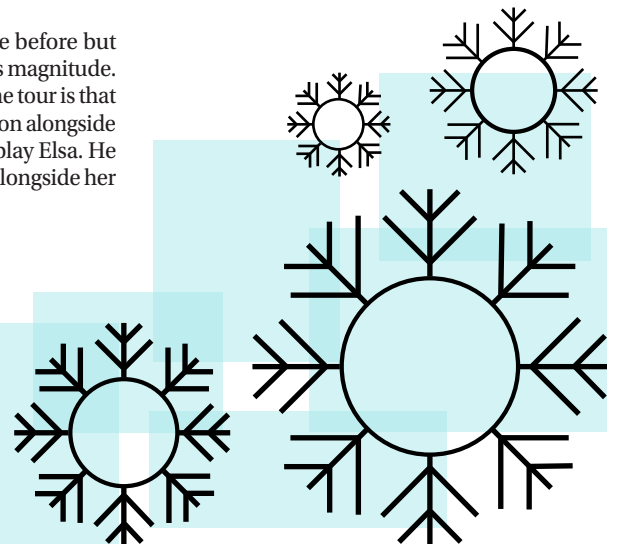
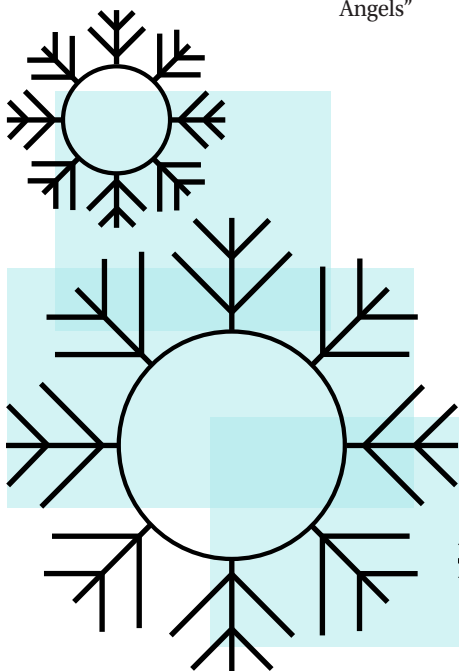
Colby's toured on a smaller scale before but has never been a part of a tour of this magnitude. One of the most notable aspects of the tour is that it'll be the first time he's in a production alongside his wife, Caroline Bowman, who'll play Elsa. He said he felt eager to be able to grow alongside her in the upcoming production.

"Some people say actors shouldn't date actors," Colby said. "I think that's up to you, but I find that it's been so beneficial. Now, to work with her, we try not to talk too much about work when we're at home, but I think I'm falling more in love with Caroline, watching her work, and I didn't know that was possible."

As the dates for the show creep closer, Colby said he's thrilled to see all the cast and production team's hard work come to fruition. He's slated for at least a year of performing with the tour, landing in a new city roughly every month — including Chicago, Dallas and Los Angeles — with Bowman and their dog, Kodak. After that year, the future is unknown, Colby said, but no matter what it brings, he'll continue to always work toward that next audition.

"I had to learn pretty quickly; in this industry, you can't make too many plans about the future," Colby said. "You can put things out in the universe and hope for different projects and train and work really hard for those projects, but there's only so much that you have control over. It's just doing your training and being ready when the opportunity and that audition comes."

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"Bend,  
don't  
break"



## JMU football keeps focus on game ahead and continues to limit opponents

**By CATIE HARPER**  
*The Breeze*

JMU football has seen its fair share of tough opponents on its road to an 8-1 (5-0 CAA) overall record in 2019.

There was the Oct. 5 matchup against Stony Brook that required an overtime period for the Dukes to claim the win and the top-5 contest a week later when Villanova came to Harrisonburg.

The Dukes have been pushed throughout the season. They've had their backs right up against their own endzone. But each time, JMU finds a way out.

"We're just making sure that we understand that they're going to have big plays — we're also gonna have big plays as well," senior safety Adam Smith said. "When they have the big play, [head coach Curt] Cignetti talks about keeping your composure and moving on to the next play."

That mantra was on full display two weeks ago when the Dukes faced Towson for their homecoming game. Led by redshirt senior quarterback Tom Flacco, the Tigers drove down

the field with one of the top defenses in the FCS struggling to get them off the field.

As Towson neared the red zone for the first time in the contest, it was Smith that got the Dukes off the field, recording his fourth interception of the season — a team-high.

"We have a 'bend, don't break' mentality," redshirt senior cornerback Rashad Robinson said. "They're going to make plays, but to be able to hold them to three or get a turnover plays a big, big role. And three is better than seven, the way we preach it."

The Dukes' "bend, don't break" starts well before the team steps onto the turf. It forms in the locker room among the players or as they sit in meeting rooms while reviewing tape, and it extends onto the turf each week.

Even when it seems like an opposing offense is about to crack the JMU defense, the Dukes completely lock down and keep teams out of their end zone. In nine weeks of action, the JMU defense has allowed 22 red zone attempts — tied for fifth-best in the FCS — and are only forfeiting an average of 16.10 points a game — the fifth-fewest by any team in the nation.

Since Cignetti's arrival in Harrisonburg almost a year ago, he's made a few ideals clear — his team is going to lead the CAA in rushing, and the men he coaches need to "play every down like it's nothing-nothing." Through the bye week, the argument can easily be made that the team has played just like that.

"Just knowing that if you look too far ahead, then you're not focused on the game that's coming up," redshirt senior linebacker Dimitri Holloway said. "If we're worried about the playoffs right now, we're not necessarily all the way focused on New Hampshire ... If we don't handle New Hampshire, then we don't need to worry about the playoffs."

While the JMU offense isn't tasked with limiting an opponent's scoring chances, the Dukes have seen growth on the offensive side of the ball through the opening portion of the season. In all but one conference matchup this year, JMU has found itself trailing at some point in the game.

During its game on Oct. 12, JMU was trailing then-No. 5 Villanova heading into the fourth quarter. It was the latest into the game the Dukes

had trailed since their Week 1 meeting with West Virginia, and the offense hadn't found a way to separate itself from the Wildcats through the opening three quarters.

"I definitely think that we can create our own momentum," junior running back Percy Agyei-Obese said. "Everyone backs each other up, and when it's time to go, everyone's focused and we trust in each other, so that allows us to make plays when it's needed."

There are three games left until the postseason gets underway, and as JMU fans eagerly await another playoff push, the team will continue on with its ideals. There won't be any eyes straying to next weekend's game against Richmond or where the Dukes may rank heading into the postseason.

For now, it's all about New Hampshire and making sure the team stays focused and continues to live by "bend, don't break."

**CONTACT** Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.



BREEZE FILE PHOTO



# Her own name

JMU volleyball's Briley Brind'Amour cements her legacy as a Duke

Briley Brind'Amour has 215 kills in her senior season.

By **MADISON HRICIK**  
*The Breeze*

JMU volleyball's senior class has had a large impact on its program throughout the last four years, going 81-31. In particular, senior outside hitter Briley Brind'Amour has been a great asset to the team ever since her recruitment.

Brind'Amour grew up in a sports family; her dad is the current head coach of the Carolina Hurricanes NHL team, and her brothers are athletes as well. Her bond with her dad has been one of her bigger motivations while playing volleyball, both throughout grade school and into college.

"He didn't really know much about volleyball when I started, and he knows a lot more now," Brind'Amour said. "But, it was always from the athlete side, working hard. Nothing is going to beat hard work, and you gotta give it 100%. Staying strong mentally is also really important, so he really helped me in that aspect throughout

my time playing."

When she first started volleyball in fifth grade, Brind'Amour found her love for the sport through her close friends. She quickly became dedicated and joined the Triangle Volleyball Club in Wake Forest, North Carolina.

"She has such an incredible work ethic," head coach Laura Steinbrecher said. "With that, she's consistent. She set the standard for the team over the last several years as a leader for what is expected at practice and on the court."

During Brind'Amour's high school years, she received high honors, including being named the MVP of the 2014 State Championship, being named to the All-American Volleyball team from 2012-2014, receiving a 2015 Under Armour Honorable Mention and being a four-time state champion with her high school varsity team.

Brind'Amour's work ethic has been widely recognized since her arrival to JMU in 2016. Steinbrecher has coached Brind'Amour all four years and was the one who recruited

Briley during her high school years. Her attitude in practices and matches has made her a great role model for the younger members of the team, including freshman outside hitter Danielle Nathan, who's been playing in the same position as Brind'Amour throughout this season.

"I have really learned a lot from Briley," Nathan said. "Her experience and the ups and downs she's been through that have made her stronger — I have really been able to grow and learn from that."

Playing alongside Brind'Amour since freshman year, senior middle hitter M'Kaela White has been a great friend both on the court and off. The two have held similar career stats, with both girls currently having over 300 kills each over all four years on the team together.

"We just kinda gravitated toward each other freshman year," White said. "We've been almost inseparable, we have a lot of commonalities and we really enjoy the small things we share with each other. It's what makes our relationship so strong. She's always been my go-to girl."

Steinbrecher has been able to watch Brind'Amour for many years, and she said connection between the coach and the player is a joyous one.

"She's just a great person," Steinbrecher said. "Everything her coaches had said about her was super positive, and she won four state championships and was a winner. And I think that's what attracted us to her, and she's been everything we expected and more."

JMU volleyball will have its senior night on Sunday against William & Mary at 3 p.m., in which it will honor Brind'Amour, White, senior setter Sarah Martin and graduate defensive specialist/outside hitter Karis Beasley. The Dukes are currently 15-7 with a 9-3 CAA record heading into their last four games of the regular season.

**CONTACT** Madison Hricik at [hricikmnt@dukes.jmu.edu](mailto:hricikmnt@dukes.jmu.edu). For more volleyball coverage, follow the sports desk on Twitter @TheBreezeSports.



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Thursday, November 7, 2019



SAMANTHA LINCZYC / THE BREEZE



# 4! Downs

Preview: JMU football's matchup with New Hampshire

By **CATIE HARPER**  
*The Breeze*

It's another week, and JMU football (8-1, 5-0 CAA) is preparing for yet another top-25 CAA matchup. This week's opponent is New Hampshire (5-3, 4-1 CAA), the same team that knocked off the Dukes a little over a year ago. This season's showdown will have the Dukes at home, coming off their bye week.

New Hampshire comes into this weekend's contest as the No. 23 team in the country and has won five of its last six games. The Wildcats sit only one spot behind the Dukes in the CAA standings with a 4-1 conference record.

## 1. Containing the Wildcats: preview of New Hampshire

It's been an interesting season so far for the Wildcats. Just days before New Hampshire's season was supposed to get underway, its long-time head coach Sean McDonnell had to step away for health reasons, which passed the reins to Ricky Santos.

Under the interim coach, the Wildcats have exceeded preseason expectations and currently threaten JMU for the top spot in the CAA. This weekend's game in Harrisonburg will prove one of the hardest the Wildcats have faced this season.

When asked on the CAA Football Media Teleconference on Monday, Santos kept his response rather simple to start when asked what stands out about JMU.

"That they have no weaknesses," Santos said. "They're very good; they're very balanced."

New Hampshire has yet to face a defense quite like the one the Dukes present. Behind defensive coordinator Corey Hetherman, the JMU defense has picked up right where it left off a season ago.

JMU currently boasts the No. 2 rush defense in the nation, while being the home of two players ranked in the top-10 for tackles for loss — redshirt senior defensive lineman Ron'Dell Carter and senior defensive lineman John Daka. Carter's 17.5 TFLs not only has him in the No. 1 spot in the FCS but tied for the most in all of Division-I football.

"They can stop the run, they can get to the passer, linebackers are physical and their secondary does a great job of mixing up man and zone," Santos said. "They're very well-coached. Coach Hetherman does a tremendous job."

New Hampshire is currently fourth in the country for interceptions with 13 and will face redshirt senior quarterback Ben DiNucci this weekend, who's taken better care of the ball this season than a year ago. Last season, DiNucci

threw 12 interceptions in 13 games. Through nine games this year, the Wexford, Pennsylvania, native has only been picked off four times.

Santos understands that his team will need to limit an "explosive playmaker at the quarterback position." The Wildcats' defensive line will also need to find its way around one of the best offensive fronts in the nation in order to get to DiNucci.

## 2. Coach's corner: back in action

It's almost like wash, rinse and repeat with head coach Curt Cignetti's approach to the game. He won't address a game further ahead than the one that weekend, and he keeps his approach to each down the same.

And so far, that philosophy has worked well for the Dukes.

In his first season with the team, Cignetti has put together one of the best records he's seen during his head coaching career. With JMU currently sitting at No. 2 in the country with playoff rankings released Wednesday night, the postseason looks promising, but right now, Cignetti's focus is on New Hampshire.

"I'm sure I'll see it somewhere," Cignetti said on the rankings. "It really don't matter where you are right now; it only matters where you are in the end."

Coming to town is a New Hampshire team looking to knock the Dukes off for a second season in a row and move into the top spot in the CAA. While the Wildcats are only sitting on a 5-3 record, four of those wins have come in conference — three of which are also against teams JMU has already played this season.

New Hampshire's offense hasn't jumped off the stat sheet this year, but the team has still found its way to the win column. The Wildcats are currently at the bottom of the CAA in scoring, averaging only 20.1 points a game, while being fifth in rush offense, 10th in pass offense and ninth in total offense.

"Offensively [they] played their best half [of] football the second half against Villanova," Cignetti said. "They got to be feeling pretty good about themselves the way they played, and the quarterback completing 10 straight passes and running backs really do run hard."

There hasn't been much to complain about for JMU through nine games. The Dukes have their near-perfect record, players are making the right plays and the coaches continue to lead the team to wins. But, as the season continues, the coaches still see room to grow. On the weekly teleconference, Cignetti even said

it's him and his staff's job to build a program where the players can succeed, and he knows his players see their potential to grow.

A prime example of a player continuing to improve as the season goes on is DiNucci. A second-year starter with the program, DiNucci has become one of the top quarterbacks in the country, earning his way onto the College Football Performance Awards FCS Performer of the Year.

"Ben's made a lot of positive plays — a lot of great plays," Cignetti said. "But, he'll also be the first to tell you that there's still improvement in his game that can be made, and that's everybody on the field. As good as some of these guys have played, nobody has really played the perfect game or has played 100% up to their full ability or potential yet."

## 3. Player's perspective: eager to get back to football

While a bye week provides days of shorter practices and more time to catch up on sleep and homework, the JMU football players are ready to get back onto the field at Bridgeforth Stadium.

"It's always good to be back in Bridgeforth," redshirt senior quarterback Rashad Robinson said. "It's coming down to an end for the regular season, at least ... It's gonna be a packed house Saturday for a big game."

It'll be important that the Dukes don't start slow coming out of the bye. In games that New Hampshire scores first, the Wildcats are 4-1, highlighting the importance of JMU getting on the board first.

"Everyone needs to stay focused," junior running back Percy Agyei-Obese said. "We can't just ease back ... the game. We got to be on point every single day. We got to come out every day this week and practice, work hard and just [pay] attention to detail."

The JMU defense will be going against a true freshman quarterback coming out of the bye in Max Brosmer. While the Roswell, Georgia, native may be in his first collegiate season, he isn't playing like it.

Brosmer is coming off a performance against then-No.11 Villanova that earned him CAA Rookie of the Week while posting career-high stats. He completed 25 of his 32 pass attempts, throwing for 276 yards and three touchdowns.

"I mean, it's kind of different," Robinson said on preparing for a freshman quarterback. "But the way he's been playing, he doesn't play like a typical freshman. He's very patient with the

ball, and he plays good within their scheme, so we just try to treat him just like every other [quarterback] we scout every week."

For the Dukes' offense, which currently leads the CAA in rushing and is No. 9 in the FCS, it'll be another weekend going up against a defense that's good against the rush. New Hampshire has the fourth-best rush defense in the CAA, allowing only 136.2 yards a game.

This won't be the first time this season JMU faces a good run defense, though. Almost every CAA team has done a good job limiting the rush until having to face the Dukes. With four strong running backs coming out of the backfield for JMU, most opponents have struggled to hinder the Dukes' ground attack.

"Definitely with coach Cignetti, he wants to lead the nation in rushing," Agyei-Obese said. "We're all behind them on that, and we literally take the whole thing to heart. We don't care what stats the other teams have against the rushing, we're going out there and we're going to play our game."

## 4. Editors' input: start fast after week off

JMU was tasked with battling through a tough nine-game stretch before it got its week off. The extended period of games saw the Dukes battle an FBS opponent and four ranked FCS teams. When JMU finally made it to the bye week, the team had amassed a strong 8-1 record, and it was perfect in conference play.

Now back in action, the Dukes have three more regular-season games — two of which are at home — before they turn their sights on another playoff run. While the playoffs are looming, JMU isn't looking too far ahead. Right now, the focus is on New Hampshire — which it should be.

The Wildcats topped the Dukes just last season, which contributed to the Dukes not getting a share of the CAA title for the first time since 2014. With a week of rest, JMU should be just fine against New Hampshire.

In order to get another win over a ranked opponent, though, the Dukes will need to start fast. There have been a few times this season JMU hasn't come out of the gate quickly, and against the Wildcats, that could be costly — evident in last season's matchup. The Dukes will be fine, though, and should win, 37-10.

**CONTACT** Catie Harper at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.





Catie Harper  
Sports Editor



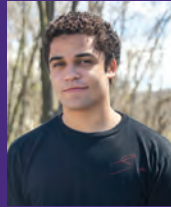
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Alabama
Iowa
Giants
Cowboys
49ers

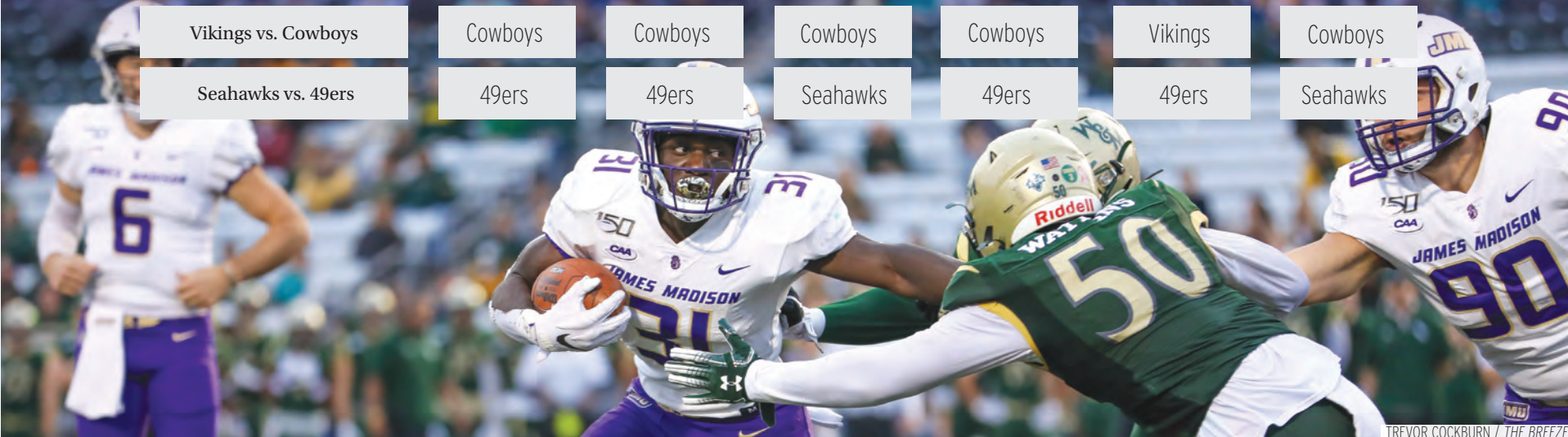
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Seahawks

34-26
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Giants
Cowboys
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38-22
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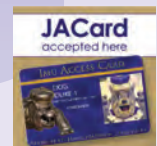
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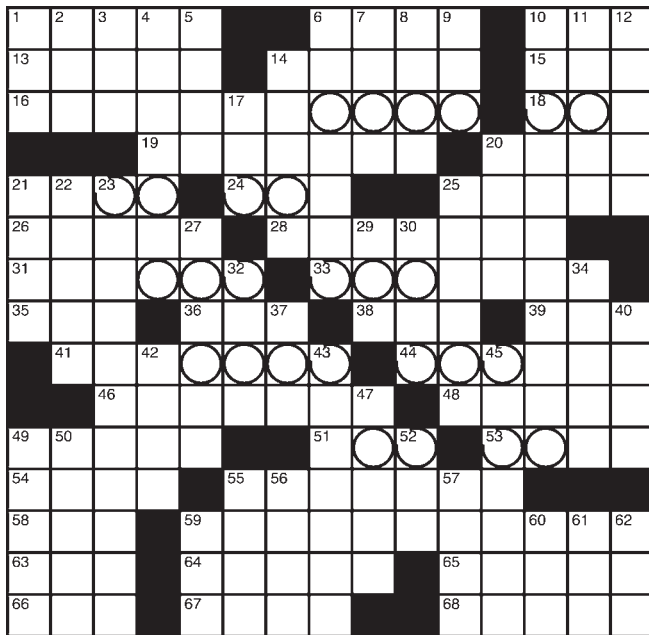
FOR RELEASE NOVEMBER 7, 2019

## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

### ACROSS

- 1 Astrological Ram
- 6 Cleans out badly?
- 10 \_\_\_-pitch softball
- 13 Dry up
- 14 Old photo hue
- 15 Equivocate
- 16 International waters
- 18 Scrabble vowel value
- 19 Focus of a modern crisis
- 20 Branch bit
- 21 "The Persistence of Memory" artist
- 24 Teleflora rival
- 25 Ice Capades setting
- 26 Word with string or sing
- 28 Washington post
- 31 Ulaanbaatar native
- 33 One concerned with bites
- 35 South of France?
- 36 Trifling amount
- 38 Former NBA exec Jackson



By Sean Biggins

11/7/19

### DOWN

- 1 Fitting
- 2 Root word?
- 3 Hot temper
- 4 Bouncing off the walls
- 5 Castaway's salvation
- 6 Lived
- 7 Slanted page
- 8 Slant
- 9 KLM rival
- 10 Locker room feature
- 11 Red Square honoree
- 12 Luxury watch
- 14 They're poured at bars
- 17 Many an animated Twitter pic
- 20 Picard's counselor
- 21 Stops up
- 22 Vocally
- 23 Marinated beef dish
- 25 Harmonize
- 27 Grammy category
- 29 Game console letters
- 30 Member of the opposition
- 32 Attachment to a car or a boat?
- 34 Shy
- 37 Result of Googling
- 40 Natural table
- 42 Heist units
- 43 "How to Get Away With Murder" lawyer Annalise
- 45 Quick looks
- 47 Clobber, biblically
- 49 "Glengarry Glen Ross" playwright
- 50 Garlicky spread
- 52 Tonsillitis-treating doc
- 55 Row
- 56 Parts of hips
- 57 65-Across feeder
- 59 Texting format, briefly
- 60 Set for assembly
- 61 Dallas-to-Memphis dir.
- 62 Simple top



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THE SAMURAI OF PUZZLES By The Mephram Group

Level



8	4					5	
		5				1	4
	3	6		4			
9			5		3		
				2			
					6		9
				1		5	2
1	8					6	
				9		7	

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit [sudoku.org.uk](http://sudoku.org.uk)

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Women's team keeps  
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10





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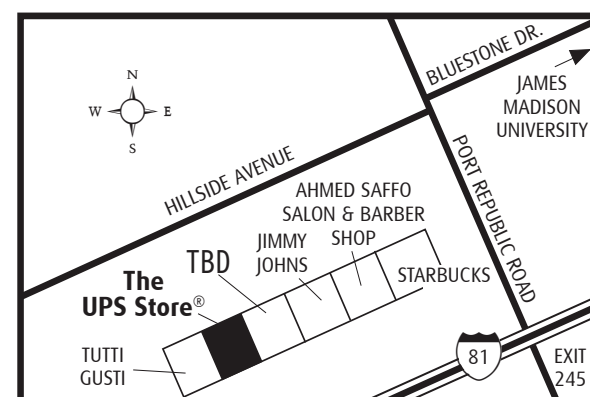
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**MEN'S BASKETBALL:** TREVOR COCKBURN / THE BREEZE

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TAYLOR SARLO / THE BREEZE





TREVOR COCKBURN / THE BREEZE

Junior forward Zach Jacobs (left) makes a shot in a game against Bridgewater College.

# LAST GO-ROUND

After 38 years of rebounds and baskets, the Convocation Center is set to see its final season

**By DAVID DEADERICK**  
contributing writer

In 1982, JMU completed construction on its brand new Convocation Center, the first building to be constructed on the other side of I-81.

The venue was built to host men's and women's basketball, indoor track and a multitude of other student and public events. With a seating capacity of over 7,500, it was the epicenter of many earth-trembling basketball games, but now, some 38 years later, it's time for a change.

Located behind the Festival Conference Center lies the skeleton

framework of the Atlantic Union Bank Center. The new arena will have a base seating capacity of 8,500 and will be able to grow to over 10,000 with peripheral seats. The Atlantic Union Bank Center will be the new face of JMU basketball and will provide its athletes with a facility that rivals many opponents' arenas.

Some of the amenities players and coaches will be able to enjoy include a separate practice gym with six different shooting stations, a strength and conditioning training area, a designated hydrotherapy area and coaches' offices with conference rooms.

But while the teams might be excited to move to a new home, the location

they're leaving behind is filled with endless nostalgia. Men's basketball head coach Louis Rowe, who was a JMU basketball player himself from 1993 to 1995, won the CAA Tournament in 1994.

"I have a lot of really great memories here, but I'm excited for the future ... It's honestly much needed, and it'll be a great addition to the community, to our athletic program and to the campus," Rowe said. "I transferred here and got an opportunity. So, that's my fondest memory at the Convo is that this is where I got my opportunity."

While the new arena will have all the shiny bells and whistles, the one thing it won't have immediately are memories.

The Convo built almost four decades of stories and conference titles.

JMU women's basketball head coach Sean O'Regan remembers big games in the Convo like the game against Syracuse in the Women's National Invitation Tournament, Virginia Tech last year and a win over Virginia.

"It's difficult because I think for everybody on the outside is saying that it's going to be so much better and it's going to help us so much with recruiting," O'Regan said. "But for me, there is such a factor of nostalgia of the games that we've won here in the last 12 years, the memories that I have. That part will be tough to let go."





COURTNEY RYDER / THE BREEZE

# JMU cheerleaders and Duke Dog mascot look on to the game.

The women's basketball Dukes have turned to players who've seen their careers develop at Convo. Former JMU guard Ashley Perez ('16) has been appointed to an assistant coaching role for the upcoming season. Perez was a member of the program from 2014-16, where she won three CAA titles and helped secure trips to three NCAA tournaments.

"The new facility is one that the girls really deserve — their own space, state of the art stuff — but it is bittersweet," Perez said. "There were a ton of good moments here, so it really is sad to say goodbye; but I think with a program that's growing like us, it's a great opportunity for us to get to the next level."

Perez went on to tell a story about her favorite memory in Convo. During her senior

year, Perez was injured and sat out for about 10 games. She finally made her comeback in a game against William & Mary. When she took the court, fans chanted, "Ash Money, Ash Money" and waved huge signs with "ASH-MONEY" written on them. In her first opportunity, Perez shot and made a three-pointer in the very corner that sent the arena into a tizzy.

The final season in Convo began Saturday for men's basketball and Wednesday for women's basketball. The men were pitted against local foe Eastern Mennonite University, while the women played Longwood University.

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# Great expectations

Consistency remains crucial for men's basketball in new season

Senior guard Antanee Pinkard (right) is the only senior on this season's team.

By **NOAH ZIEGLER**  
The Breeze

It's no secret that this season is a crucial one for the imminent future of JMU men's basketball.

Head coach Louis Rowe is still searching for his first winning record in his fourth season as the Dukes' leader, the team's riding out its final season in the Convocation Center and, for the first time since the 2015-16 season, JMU was picked to finish in the top-four in the 2019-20 Preseason Poll. In

other words, ever since Rowe was appointed as head coach, people are starting to take notice of the Dukes' progress, and the expectations have been set higher.

With a record of 34-64, Rowe's overall standing doesn't look great at first glance. But season-by-season results show progress within the program. In the first season with players he recruited and didn't inherit from former head coach Matt Brady, JMU went 10-22. The theme of that season was young players like then-freshmen guards Darius Banks and Matt

Lewis making a statement that they'd be a catalyst in a program that's turning around.

The following season saw similar growing pains as the one before it. Games that should've been won by the Dukes slipped out of their hands, and any chances they had to create momentum and crack the top-four slipped by. However, there were numerous positives, such as Banks and Lewis continuing their development; now-junior forward Dwight Wilson improving in minutes, points and

rebounds; and current sophomore guard Deshon Parker breaking out as a solid point guard.

Beyond the individual development it saw last season, the team achieved something JMU hadn't since 2013: a CAA tournament game victory. Lewis' game-winner over Towson in the 2018 edition of the tournament sent the Dukes to the quarterfinals, where they fell to No. 1 seed Hofstra.

see **CONSISTENCY**, page 8

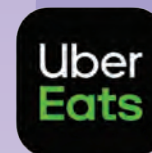
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# CONSISTENCY | Men's basketball aims for steady season

TREVOR COCKBURN / THE BREEZE



from page 7

Now, JMU is in a position to establish itself as a conference power. Because many of the league's stars graduated or were drafted to the NBA, the CAA is wide open. For the Dukes, what's important in their quest to make a run for the title is learning from last season and relying on a veteran presence.

"We want to be one of the top defensive teams in this league," Rowe said. "We looked at our personnel and said, 'Are there things that need to change as far as some of coverages, some of our principles on ball screens,' and things like that. We actually brought in guys that understood that and could coach that and had been in systems like that, and it's really helped with the transition."

Rowe pointed out that people said the Dukes' offense struggled last season, but he feels the defense is a critical aspect of the team's game that needs to improve this year. He stated that he feels confident in the team's depth, making it easier to call on bench guys to make big plays.

JMU finished ninth in the CAA in scoring offense (70.4) but found itself in the top-five in 3-point field goal percentage (36.3), rebounding offense (34), blocked shots per game (3.1) and steals per game (6.4). On top of the team improving its defense, those areas it found success in can't only be replicated but improved in the upcoming campaign.

This season, the Dukes will have a different look. The offensive and defensive schemes have changed to match an up-tempo style of play. On defense, the team has worked on icing ball screens instead of hedging them. With that, the team will hope to create turnovers and then go on fast breaks that catch defenses off guard. JMU wants to spread the floor and create open shots while also using the post to pick apart a stretched-out defense.

Part of the preparation for that style of play is conditioning. Both Banks and Wilson said getting conditioned was a primary focus in the offseason, and both noted how important it was to have the ability to make teams tired down the stretch. But, a tenacious defense means the opportunity to get players in foul trouble. If JMU can keep its core players out of foul trouble, it'll be on the right road to success.

Rowe said the team, like fans, has set the

bar to win a CAA title. It doesn't listen to preseason polls or what other people say about it, but it knows what it's capable of and seeks to achieve whatever it sets out to do.

JMU will have plenty of opportunities to build a solid resume heading into its conference slate. Following its regular-season opener against Charlotte, the Dukes will make a trip to the defending national champion: Virginia. From there, it'll face various challenges, including Old Dominion, who made a 2019 NCAA Tournament appearance before bowing out to Purdue.

It's games like Virginia and ODU that present JMU the opportunity to solidify itself as a contender. Those games will serve as benchmarks, but for a hungry Dukes team, nothing will change the fact that winning a conference championship is the endgame.

"That's our goal. That's the standard," Banks said. "Everybody wants to get to a CAA championship. So, I think us coming onto the court and just competing every day and giving all we got, that's what our standard is."

Lewis said he agrees with Banks. The team's first priority is to end the season at the top. However, the Woodbridge, Virginia, native said consistency is a huge key if JMU wants to win.

"Our team expectations — of course, to finish within the top, the top polls in the CAA — but the main thing is just to be consistent. Last year, we had a lot of problems with consistency. We had a few big wins: Charleston, Hofstra, and then we had games like Elon we blew at home. Just being able to be consistent as a team — compare the effort all throughout each game — is going to be the biggest part."

It hasn't been a perfect few seasons for JMU men's basketball, but Rowe's continuing process of shifting the program toward the right direction is still continuing. With the players buying into their coach's mission and a tough mentality, the Dukes are set to battle through a season that'll contain the twists and turns that college basketball presents.

"I want these guys to win because I think they deserve it. I want this school to win because I think it's time. I love these kids, and I know they work hard for me every day," Rowe said.

**CONTACT** Noah Zielger at [breezesports@gmail.com](mailto:breezesports@gmail.com).





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# Built for success

O'Regan and JMU women's basketball team look to build off last season

By **MADISON HRICIK**  
The Breeze

JMU women's basketball is one game in to its 2019-20 season. Despite losing in the first round of the CAA tournament, the team went 29-6 and danced its way to the Women's National Invitation Tournament semifinals last season.

JMU will be having an "end of an era" season, with the prominent senior class graduating this year and the team playing in the Convocation Center for its final season. JMU has played

in the Convo since 1982, where it witnessed teams reach the NCAA Tournament, win CAA championships and make deep runs in the WNIT for many seasons.

Looking ahead to this season, JMU is looking to clinch the CAA tournament title. Last season, the team lost to Hofstra in the first round of the CAA Tournament. JMU's ready to get its hands on a CAA Tournament championship after falling short the last few seasons.

see **WBB**, page 13

JMU women's basketball head coach Sean O'Regan enters his fourth season as coach.

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Kamiah Smalls enters her senior season as one of the top players in the CAA.

TRISTAN LOREI / THE BREEZE

## WBB | Preview of JMU women's basketball's 2019-20 season

from page 10

"I think we can learn a lot from the way our seasons have ended. Both the injuries in the NCAA Tournament and also the WNIT run and the fact that we should have the confidence to play any team," head coach Sean O'Regan said. "I think both the good and the bad have taught lessons we've carried through every war we've faced, whether it's playing at home or playing against a really tough team like Dayton on the road."

JMU won't see any CAA teams until after the new year but will face strong programs such as Maryland and Virginia. The team's first CAA opponent will be William & Mary, and the Tribe will also be the last team they'll face leading into the postseason. With an experienced team compared to the Tribe's fairly young team, the way both teams perform during their matchup will be a good indicator of how these teams will develop throughout this coming season.

The team will be looking to improve on some of the mistakes made last season, some of which include maintaining high-scoring quarters throughout the match. This was a problem during the CAA tournament last season, and the Dukes will be looking toward growing to reach their goal.

"We want to make sure every player is ready when their name is called," senior guard Jackie Benitez said. "Unfortunately, we had players go down that we couldn't execute the weight without them, so we want to make sure every player is

ready for anything this season."

The senior class for JMU has been impactful throughout its four years. Senior guard Kamiah Smalls was recently named the 2019-20 CAA Preseason Player of the Year and qualified for the 2020 Red Bull USA Basketball 3X Nationals.


Smalls will play alongside senior guard Lexie Barrier, redshirt senior center Kayla Cooper and redshirt senior guard Jackie Benitez. The five seniors have shown the determination to win the CAA Tournament title and look forward to achieving that goal this season.

"This senior group has been through some tough times and some great times," O'Regan said. "They've seen so much, and those experiences combined, I think will translate into a very mature group."

Team chemistry is one of the biggest aspects of JMU, and this season, chemistry will once again be vital to the team's success. With only two freshmen — forward Rayne Tucker and guard Kiki Jefferson — the upperclassmen have already shown an effort in the locker room and in practices to bring in new members and include everyone in the team chemistry.

"I think that energy, rebounds, whatever I can do will help the team" Barrier said. "I love the team, and I love everyone that we're playing with along with our crowd, so we have to give it everything we've got."

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TREVOR COCKBURN / THE BREEZE



Dwight Wilson (left) posts up in a game against Radford in 2018.

# On the rise

Men's basketball forward Dwight Wilson saw significant improvement in 2018-19 and seeks to replicate it

By **NOAH ZIEGLER**  
*The Breeze*

The biggest jump a player makes is between their freshman and sophomore seasons. That couldn't be more evident in JMU men's basketball's junior forward Dwight Wilson.

On the court, fans will see a 6-feet-8-inch man who routinely makes a living in the paint, dominating opposing defenders with his physicality. However, it's what Wilson has done in the offseason that saw him take his game to the next level.

In 2017-18, Wilson only saw an average of 9.5 minutes per game, scoring 3.2 points and grabbing 3.5 rebounds along the way. Then, he spent the summer of 2018 working with former

forward Cameron Smith and grew into the tall, substantial presence the Dukes needed.

As a sophomore, Wilson saw the court 25.8 minutes per game. He averaged 10.2 points and 7.8 boards, but his improvement was epitomized in two outings: against Drexel, where he posted 20 points and 18 rebounds, and versus Towson in the 2019 CAA Men's Basketball Tournament first round, where he had a career-high 26 points and seven rebounds.

Now a junior, Wilson is ready to take another jump. In a year where a new offensive scheme will benefit the big men of JMU, the Tallahassee, Florida, native is primed to reap the rewards of an up-tempo offense.

see **WILSON**, page 18

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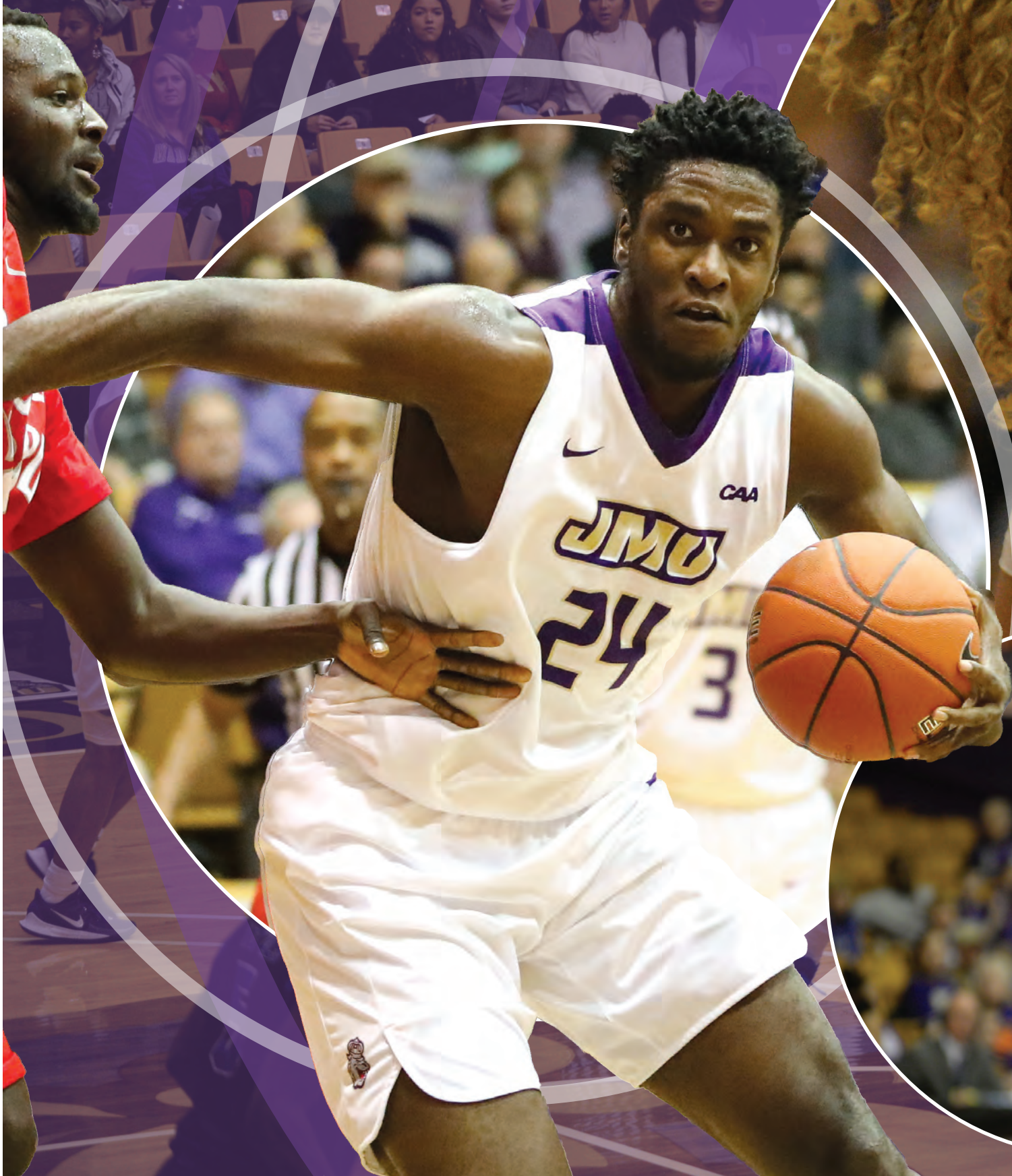
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# B





# GAME ON

## JMU BASKETBALL

### 2019-2020





TREVOR COCKBURN / THE BREEZE



Dwight Wilson (left) had 10 points and 12 rebounds in JMU's exhibition game against Eastern Mennonite University.

## 'I have to show night-in and night-out that I'm an All-Conference player'



Wilson had a .591 field goal percentage in 2018-19.

from page 14

"It's been a long offseason, a hard offseason. It's a lot of work we've been putting in," Wilson said. "It's just exciting to be able to come in and show everybody what we've been working on — a new offense and defense — and see what everyone's gotten better at to show the fans and do some different than last year and show how hungry we are for championship and to get better."

Wilson said the new offense will allow the Dukes to run out and spread the floor, allowing Wilson to barrel toward the basket for easy points. With fast-paced players on the wings, defenses will have to be drawn out to combat quick guard play, allowing JMU's forwards — like Wilson — to set ball screens and further open the court.

This offseason, head coach Louis Rowe worked with the fellow Floridian to polish his game. Rowe said he helped with his shooting skills and how to stretch the floor, but he also noted one of the biggest things a big man seeks to increase consistently: weight.

"[Wilson] just ate a bunch of steaks," Rowe said with a laugh. "DJ works his butt off. He's been phenomenal. His body is in a little better shape, which, I thought he was in decent shape last year, but obviously, freshman year, he was probably 270 pounds plus. He's paying more attention to his body ... I think he knows he has some goals, and has some things he wants to accomplish for the team and himself."

Specifically, Rowe worked with Wilson on 15-17-foot jump shots. Rowe said he doesn't think Wilson will be shooting 3's, but the ability for him to knock down mid-range jump

shots will give defenses fits trying shut down a dynamic trait that not many possess.

With a work rate like Wilson's, it's easy to encourage young players to emulate it. As he enters his third year in Harrisonburg, it's not far-fetched to assume the improvement will continue. For the young players — like freshman forward Julien Wooden, who's finding his feet at JMU — a veteran figure is instrumental to positive development.

"It's definitely been huge. He just goes in and competes every day. He plays like he won't play another game ever," Wooden said. "It's probably different for people not seeing him put in the work every day, but for somebody like me, to see the work every day just shows what you take is going to be real good."

Off the court, Wilson is quiet and concise with his words. Once he steps onto the hardwood, though, he becomes a passionate forward who feeds on momentum.

As Wilson yearns to blossom into a top frontcourt player, he said he feels his goals need to be high. His first goal is to help the team to a CAA title, but he also sets a focus on improving every game.

"Personally, to be able to look back on the season and say, 'I got better from the first game,' another one would be All-Conference," Wilson said. "I think it's an achievable goal. It's not an easy goal — there are a lot of good players in this league. I have to show night-in and night-out that I'm an All-Conference player, and that doesn't start in the game; it started in the offseason, and it stays in practice."

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# Young

## Six freshmen recruits look to make

By **NOAH ZIEGLER**  
*The Breeze*

For a program to change, it must consistently bring in freshmen that make immediate impacts on the court. For JMU men's basketball in 2017-18, it was then-freshmen guards Matt Lewis and Darius Banks, who averaged 14.5 and 10.2 points, respectively. Last season, it was guard Deshon Parker who put up over five points and three assists per game, earning him a spot on the CAA All-Rookie team.

Now, a new set of newcomers have arrived at the Convocation Center, looking to make an immediate impact.

Six freshmen — guards Zyon Dobbs, Quinn Richey and Jayvis Harvey and forwards Julien Wooden, Dalton Jefferson and Michael Christmas — headline

a youthful JMU team that's made up of eight underclassmen out of 13 total players. Each of them present various skill sets that head coach Louis Rowe will implement into his gameplan, but as freshmen, they're taking on challenges that the veterans of the team went through when they stepped foot on campus for the first time.

Time management, a new lifestyle and adjusting to a new city are a few of the changes the Dukes' young core has faced since coming to Harrisonburg over the summer for offseason workouts. Going from high school to college is difficult both on and off the court, but the chemistry built during the summer months is crucial to how well the players gel.

"We're going through the process together, so we can bounce thoughts off of each other," Christmas said. "When we don't know something

that somebody might know, we can ask each other what certain things you're struggling with, some things that you think you're strong at and they also have upperclassmen to talk to and get ideas."

Christmas, a three-star recruit by both ESPN and 247Sports, comes to JMU with high expectations. He was named the Virginia High School League 6A Player of the Year in 2017 and won a state championship in 2019, the first in Landstown High School's history.

Three of the six newcomers are Virginia natives, including Wooden, who hails from Roanoke. For him, the biggest hurdle in the transition to college life has been not seeing his family as much. However, the bonds the freshmen have created in the few months together have been critical, and Wooden thinks it'll translate well to when JMU's regular season begins.

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# and hungry

## early impact for men's basketball

"Chemistry among us is huge, because it definitely transitions to on the court,"

Wooden said. "The better we know each other, we're going to do a better job on the court and everything, so I think it's really important."

Despite being closer to home than others, the freshmen have set out to become closer as the season goes on. Over the summer months, they routinely explored the city, trying to get acclimated to the famous spots JMU students have grown to love. So far, it's simple things like watching movies or bowling, but it's also been visiting various restaurants. When asked their favorite restaurant, each of Christmas, Richey and Wooden responded with the

same answer: O'Neill's Grill.

Little things to further the chemistry among the team will go a long way for a team searching for its first winning season since 2015-16. With a record of 14-19 (6-12 CAA) last year, the Dukes are trending in the right direction. However, it's not only up to the team's upperclassmen to take over; it's critical that the team's younger players break out and do what Rowe recruited them to do.

In his time as head coach, Louis Rowe

"We have some guys that are young, but they have shown a level of talent that I thought they had,"

**Louis Rowe**  
head coach

hasn't been afraid to utilize freshmen. He preaches the importance of depth, which requires younger players to step up and help the team down the stretch of a strenuous season — especially when CAA play rolls around.

"We have some guys that are young, but they have shown a level of talent that I thought they had," Rowe said. "That's not to put expectations; they're still young, they're still freshmen and they're still doing freshmen things. But, we have to be able to get them up to speed to play minutes so that we can be deep."

Depth will play a big factor in JMU's crucial 2019-20 season. A common denominator for previous CAA champions has been their ability to rely on eight or more players, and for a Dukes squad that has their sights set on a conference title, they'll need these young athletes to rise to the occasion.

**CONTACT** Noah Ziegler at breezesports@gmail.com.



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PHOTOS BY SAMANTHA LINCZYC / THE BREEZE

## A CLASS LIKE

## NO OTHER

### JMU women's basketball seniors help create strong program

By **SAVANNAH REGER**  
*The Breeze*

In the 2016-17 season, the JMU women's basketball team won the CAA regular season championship and advanced to the third round of the Women's National Invitation Tournament. The next season, the team fell in the CAA Championship game and once again made it all the way to the third round of the WNIT. Then, in 2018-19, the team made the WNIT again after falling short in the CAA Tournament and fought all the way to the semifinals.

Clearly, the last three years have been full of success for the women's basketball program. It's consistent thanks to the 2020 senior class, with members like guards Kamiah Smalls and Lexie

Barrier, forward Devon Merritt, redshirt senior guard Jackie Benitez and center Kayla Cooper Williams.

"There is so much depth to their awards and recognitions," head coach Sean O'Regan said. "On the court, I think they have the chance to be as special as any group that I have been a part of."

These seniors haven't only made an impact on the court — they've made one off it as well. They work with freshmen to help them out with college, such as how to handle classes with workouts. Members of the senior class want to make sure the freshmen are prepared both when they step into class and onto the court.

see **SENIORS**, page 24



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SAMANTHA LINCZYC / THE BREEZE

BREEZE FILE PHOTO

TRISTAN LOREL / THE BREEZE

Kamiah Smalls (top), Devon Merritt (left) and Kayla Cooper Williams have all spent their entire careers representing JMU.

## SENIORS | 'I think that this class has been one of the most special classes'

from page 23

"They represent the program exactly how you would want it represented," O'Regan said. "They understand the importance of passing on the values to the next group, and for me, that's all you can really ask for."

The seniors are also working in the locker room and with the strength and conditioning coaches so they can get ready to provide even more of an impact as they come into their final season. The group said it wants to be "tough and fast" so the team can reach the ultimate goal of winning a CAA Championship.

"I think that this class has been one of the most special classes," Smalls said. "I think this group has everything for JMU, and I think the passion we have for the game, the way we hold each other accountable and our chemistry is something special."

The senior class also knows what's at stake this year, with the Convocation Center in its senior season as well. The girls said they want to make sure they play well in the final year of the historic Convo. The last regular season game in the Convo this year will be a women's game on March 1 against Delaware.

The senior class, however, has already made its impact on the Convo before this season has even begun. With their teamwork and skills, they bring in fans each year, including when the team went to the semifinals in the WNIT a year ago. Last season, the attendance was 40,308; in 2017-18, it was 38,866; and in 2016-17, it was 48,157.

"I think that we have done something great here

at the Convo," Smalls said. "We keep everybody involved, and we make sure it's always electric in here."

Now, looking back at the last three years, the senior class is ready to begin its final chapter. The players have learned and developed since their freshman year, and not only with their skills on the court; they've found ways to impact their lives off the court as well.

"For myself, I have definitely become more vocal since my freshman year," Cooper Williams said. "When I came here, I was very quiet and reserved, and I think just being here and learning helped me become a lot more vocal."

This senior class has contributed on the court, with three WNIT seasons and a couple CAA Championship appearances. However, in their final season, the class wants the ultimate goal: a CAA Championship. In the last four years, the team grabbed the title, and this year, the seniors are determined to have one to their name.

"I feel great about this season," Barrier said. "Obviously, we have a big senior class, we have big energy, but everybody's excited, and we're ready to get to work."

Finally, the seniors have made an impact on the Convo and JMU as a whole. They've filled the seats in the Convo and hope to bring success in their final season, leaving the venue on a good note.

"I feel like we have impacted this program in a lot of different ways," Barrier said. "We've showed good chemistry, we've showed good energy off the court, so I think we have set good standards overall. We want to go out with a bang."

**CONTACT** Savannah Reger at regersj@dukes.jmu.edu.



PHOTOS BY SAMANTHA LINCZYC / THE BREEZE

Jackie Benitez (top) and Lexie Barrier were both offensive threats last season.



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# 2019-20 WOMEN'S



**Back Row: (Left to Right)** Head Coach Sean O'Regan, Assistant Coach Ashley Langford, Assistant Coach Ashley Perez, Director of Basketball Operations Brianna Skeens, Assistant Coach Ian Caskill, #42 Devon Merritt, #31 Kayla Cooper-Williams, #41 Casey Irvine, Assistant Director of Basketball Operations Mike Karon, Athletic Trainer Jessica Colborne, Team Manager Garrett Oguich, Team Manager Alex Danas

**Front Row: (Left to Right)** #30 Kiki Jefferson, #25 Brianna Tinsley, #14 Eleanore Marciszewski, #2 Jaylin Carodine, #55 Jackie Benitez, #3 Kamiah Smalls, #15 Lexie Barrier, #5 Breyenne Bellerand, #0 Nikki Oppenheimer, #4 Madison Green, and #21 Rayne Tucker





#0

NIKKI OPPENHEIMER  
R-SO, G, 5-9



#2

JAYLIN CARODINE  
SO, G, 5-10



#3

KAMIAH SMALLS  
SR, G, 5-10



#4

MADISON GREEN  
SO, G, 5-6



#5

BREYENNE BELLERAND  
JR, F, 5-10



#14

ELEANORE MARCISZEWSKI  
SO, G, 6-0



#15

LEXIE BARRIER  
SR, G, 5-10



#21

RAYNE TUCKER  
FR, F, 6-1



#25

BRIANNA TINSLEY  
R-SO, G, 5-7



#30

KIKI JEFFERSON  
FR, G, 6-1



#31

KAYLA COOPER-WILLIAMS  
R-SR, C, 6-2



#41

CASEY IRVINE  
SO, F, 6-1



#42

DEVON MERRITT  
SR, F, 6-2



#55

JACKIE BENITEZ  
R-SR, G, 5-10



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# 2019-20 MEN'S



**Back Row: (Left to Right)** Associate Head Coach Byron Taylor, Athletic Trainer Samuel Johnson II, Quality Control Coordinator Dee Vick, Graduate Assistant Ivan Lukic, #35 Devon Flowers, #24 Dwight Wilson, Head Coach Louis Rowe, #11 Zach Jacobs, #22 Julien Wooden, Assistant Coach Ryan Kardok, Assistant Coach Josh Oppenheimer, Video Coordinator Jeff Bell, Director of Basketball Operations Eric Wagenlander

**Front Row: (Left to Right)** Office Manager Connie Comer, Team Manager Keaton Boysen, # 20 Dalton Jefferson, #14 Jayvis Harvey, #23 Michael Christmas, #3 Deshon Parker, #1 Matt Lewis, #5 Darius Banks, #2 Antanee Pinkard, #4 Zyon Dobbs, #13 Quinn Richey, Team Manager Jack Fahed and Team Manager Will Slagsvol





#1

MATT LEWIS  
JR, G, 6-5, 195



#2

ANTANEE PINKARD  
SR, G, 6-4, 205



#3

DESHON PARKER  
SO, G, 6-4, 195



#4

ZYON DOBBS  
FR, G, 6-3, 195



#5

DARIUS BANKS  
JR, G, 6-5, 220



#11

ZACH JACOBS  
JR, F, 6-8, 230



#13

QUINN RICHEY  
FR, G, 6-5, 195



#14

JAYVIS HARVEY  
FR, G, 6-3, 200



#20

DALTON JEFFERSON  
FR, F, 6-7, 175



#22

JULIEN WOODEN  
FR, F, 6-8, 220



#23

MICHAEL CHRISTMAS  
FR, F, 6-6, 225



#24

DWIGHT WILSON  
JR, F, 6-8, 250



#35

DEVON FLOWERS  
R-FR, F, 6-8, 215



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# JMU WOMEN'S COACHING STAFF



SEAN O'REGAN  
HEAD COACH



IAN CASKILL  
ASSISTANT COACH



ASHLEY LANGFORD  
ASSISTANT COACH



ASHLEY PEREZ  
ASSISTANT COACH



BRIANNA SKEENS  
DIRECTOR OF OPERATIONS



MIKE KARON  
ASST. DIRECTOR OF OPERATIONS

# JMU MEN'S COACHING STAFF



LOUIS ROWE  
HEAD COACH



BYRON TAYLOR  
ASSOCIATE HEAD COACH



JOSH OPPENHEIMER  
ASSISTANT COACH



RYAN KARDOK  
ASSISTANT COACH



ERIC WAGENLANDER  
DIRECTOR OF  
OPERATIONS



DEE VICK  
QUALITY CONTROL  
COORDINATOR



IVAN LUKIC  
GRADUATE ASSISTANT



JEFF BELL  
VIDEO COORDINATOR



# 2019-20

## HOME SCHEDULE



### WOMEN'S BASKETBALL

**M** WED, Nov. 13 at 7 P.M.  
**MARYLAND**

**SJ** SUN, Nov. 17 at 2 P.M.  
**ST. JOHN'S**

**LU** SUN, Nov. 24 at 2 P.M.  
**LIBERTY**

**DE** TUE, Dec. 17 at 7 P.M.  
**DELAWARE STATE**

**RM** SUN, Dec. 29 at 2 P.M.  
**ROBERT MORRIS**

**WM** FRI, Jan. 3 at 7 P.M. **CAA**  
**WILLIAM & MARY**

**E** SUN, Jan. 5 at 2 P.M. **CAA**  
**ELON**

**HOF** FRI, Jan. 24 at 7 P.M. **CAA**  
**HOFSTRA**

**NE** SUN, Jan. 26 at 2 P.M. **CAA**  
**NORTHEASTERN**

**TOW** SUN, Feb. 9 at 2 P.M. **CAA**  
**TOWSON**

**CC** FRI, Feb. 14 at 12 P.M. **CAA**  
**COLLEGE OF CHARLESTON**

**UNCW** SUN, Feb. 16 at 2 P.M. **CAA**  
**UNCW**

**DRE** FRI, Feb. 28 at 7 P.M. **CAA**  
**DREXEL**

**DE** SUN, Mar. 1 at 2 P.M. **CAA**  
**DELAWARE**

**CAA** **CAA WOMEN'S BASKETBALL CHAMPIONSHIP**  
WED, Mar. 11 – SAT, Mar. 14  
Elon, N.C.

### MEN'S BASKETBALL

**SH** WED, Nov. 13 at 4 P.M.  
**SHENANDOAH**

**NH** SAT, Nov. 23 at 2 P.M.  
**NEW HAMPSHIRE**

**CS** TUE, Nov. 26 at 7 P.M.  
**COPPIN STATE**

**EC** SAT, Nov. 30 at TBD  
**EAST CAROLINA**

**CS** MON, Dec. 16 at 7 P.M.  
**CHARLESTON SOUTHERN**

**HOF** SAT, Dec. 28 at 4 P.M. **CAA**  
**HOFSTRA**

**NE** MON, Dec. 30 at 7 P.M. **CAA**  
**NORTHEASTERN**

**DE** THU, Jan. 9 at 7 P.M. **CAA**  
**DELAWARE**

**DRE** SAT, Jan. 11 at 4 P.M. **CAA**  
**DREXEL**

**CC** THU, Jan. 30 at 7 P.M. **CAA**  
**COLLEGE OF CHARLESTON**

**UNCW** SAT, Feb. 1 at 4 P.M. **CAA**  
**UNCW**

**TOW** SAT, Feb. 15 at 8 P.M. **CAA**  
**TOWSON**

**E** THU, Feb. 20 at 7 P.M. **CAA**  
**ELON**

**WM** SAT, Feb. 22 at 4 P.M. **CAA**  
**WILLIAM & MARY**

**CAA** **CAA MEN'S BASKETBALL CHAMPIONSHIP**  
SAT, Mar. 7 – TUE, Mar. 10  
Washington, D.C.



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